



The Changing Nutrition Community for Older Adults

Jean L. Lloyd, National Nutritionist
 Jean.lloyd@aoa.hhs.gov
 Administration on Aging
 Meals on Wheels Association of America
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Overview

- Demographics
- Delivery systems
- Health care delivery systems
- Resources/funding
- Knowledge
- Older Americans Act program participants




Demographic Change

- ↑ # of older adults, both 60+ and 85+
- ↑ # of older adults living in the community
- ↑ In racial/ethnic diversity of older adults
- ↑ In healthy older adults
- ↑ In functionality of older adults
- ↑ In obesity among older adults
- ↑ In homebound older adults
- ↑ demand for services, especially for frail, impaired
- Physical activity remains low
- Prevalence of chronic health conditions varies with gender, age, minority status
- Perceived health status varies with age and minority status
- Proportion of older adults in poverty remains stable, the largest number of older adults are middle income, the proportion with high income has increased
- ↑ food insecurity among specific groups of older adults
- Older adult diet quality could improve




Delivery System Change

- ↑ demand for quality service
- ↑ demand for appropriate services: cultural, religious, therapeutic
- ↑ demand for choice
- ↑ demand for long term care services and supports
- ↑ competition from other sources
- ↑ focus for congregate on health promotion/disease prevention
- ↑ demand for more comprehensive nutrition services, especially nutrition education, counseling, grocery assistance




Health Care/Home and Community Based Care/Food Assistance Change

- ↑ Provision of home and community based care (long term services & supports)
- Variation in state Medicaid & Medicaid Waiver Programs
- Affordable Care Act, 2010
 - Community Living Assistance Services and Supports (CLASS)
 - Nutrition service provisions
 - Prevention provisions
- Variation in state hunger and emergency food assistance
- Parallel systems for:
 - Health care
 - Public health
 - Long term care
 - Home and community based care
 - Food assistance/emergency food assistance/hunger relief



Program Resource Change

- Funding
 - Public: federal, state, local (county, city) both ↑ & ↓, depending on where
 - Medicaid Waiver inclusion of meals
 - Private: fundraising, private industry, private pay or fee for service both increase & decrease, depending on where, private insurance
 - Funding is not keeping up with demand
- Organization
 - Board, staff, volunteers
 - AAA, ADRC, Medicaid agency
- Community
 - ↑ Collaborations with community, veterans, health care organizations
 - ↑ Collaborations with food and nutrition assistance programs



Nutrition Knowledge and Services

- **Nutrition**
 - Dietary Reference Intakes
 - Dietary Guidelines for Americans, 2010
 - Relationships between health, chronic disease functionality, food security
 - Differences between individuals over and under 70
 - ↑ Obesity, sarcopenia
 - ↑ Prevalence of chronic disease related to obesity
 - ↑ Prevalence of chronic diseases in minority populations
 - Role of dietary supplements
- **Nutrition Services**
 - Nutrition education
 - Nutrition assessment & counseling
 - Nutrition community needs assessment



US OAA 2008 State Program Report

Demographic	Home Delivered Meals	Congregate Meals
Total People Served	909,913	1,656,634
In Poverty	35% (9.7% census)	28% (9.7% census)
Above Poverty	65%	72%
Minority	24% (19% census)	22% (19% census)
Rural	35% (19.6% census)	39% (19.6% census)
High Nutritional Risk	50% of all HDM part. serv.	17% of all Cong. part. serv.

AoA, AGID, http://198.136.163.234/SPR_Selection.asp



US OAA 2009 Participant Survey

Question	Home Delivered Meals % of Respondents	Congregate Meals % of Respondents
Single Meal Provided ½ or more of total food for day	63	58
Don't always have enough \$ or Food Stamps to buy food	24	13
Choose between food & medication	17	NA
Choose between food & rent or utility	15	NA
Receive food stamps	15	7

2009 AoA Survey of OAA Participants, January 2010



US OAA 2009 Participant Survey

Question	Home Delivered Meals % of Respondents	Congregate Meals % of Respondents
Fair or Poor Health	56	29
Stayed overnight in hospital in past year	40	20
Stayed overnight in nursing home in past year	12	4
Alzheimer's Disease	12	5
Diabetes	35 (16% nationally)	26 (16% nationally)
Hypertension	73 (48% nationally)	68 (48% nationally)
Heart Disease	48 (32% nationally)	32 (32% nationally)

2009 AoA Survey of OAA Participants, January 2010



US OAA 2009 Participant Survey

Question	Home Delivered Meals % of Respondents	Congregate Meals % of Respondents
Meal enabled living at home	93	62
Eat healthier foods as result of the program	86	78
Eating meals improves health	87	80
Meals help feel better	91	87
See friends more often	NA	87
Recommend to a friend	96	97

2009 AoA Survey of OAA Participants, January 2010

